



About the Literacy Quebec Project

Literacy Quebec's project objective was to promote and foster mental health literacy by building a greater awareness of mental health, reducing the stigma associated with mental health, fostering safe and supportive cultures as well as empowering and supporting OLMC populations in Quebec. This is being done through an in-person conference for literacy practitioners, managers and community workers within the literacy field; 6 online workshops open to the public; and the creation of a resource guide to promote available services for English-speakers in Quebec.

Where We Are

● Provincial/Quebec
literacyquebec.org

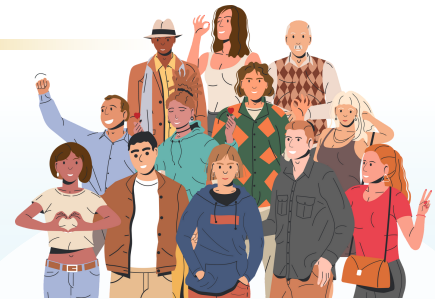
Contact

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Promising Practice

Several promising practices and take-aways have been highlighted, including:

- Organizing an in-person conference focused on needs of service providers in their network (which will benefit their clients).
- Providing workshops on topics that people want increases the likelihood of being able to reach them.
- Setting aside time in the conference and workshops to allow for sharing in a safe space to learn more about needs and look for solutions together.
- Providing tools and resources for participants to use in the future, and learning opportunities on a range of mental health topics from a variety of people.
- Using clear and plain language in the resource guide, and providing versions that can be adjusted to fit the needs of individual users.



Organizing wellness activities for workers and volunteers who are at risk of burnout and compassion fatigue is key to combatting the elevated stress levels and workloads that they face, and to fostering mental health literacy in the English-speaking community.

★ Key Success Factors

- Offering needs-specific workshops
- Equipping participants with tools and resources to use in the future
- Implementing different levels and types of interactions to maximize learning
- Using clear and plain language to ensure accessibility of content